



Class Schedule: June 24-September 8

Contact: 207-200-8646 or info@practiceyoga.com

Website: practiceyoga.com



LOCATION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OUTDOOR	OGUNQUIT BEACH 135 Beach St, OGT	7:30-8:30AM VINYASA YOGA	7:30-8:30AM VINYASA YOGA	7:30-8:30AM VINYASA YOGA	7:30-8:30AM VINYASA YOGA	7:30-8:30AM VINYASA YOGA	7:30-8:30AM VINYASA YOGA	7:30-8:30AM VINYASA YOGA
	NONANTUM 95 Ocean Ave, K'PORT		7:00-8:00AM VINYASA YOGA		7:00-8:00AM VINYASA YOGA			7:00-8:00AM VINYASA YOGA
			8:00-9:00AM AQUA YOGA		8:00-9:00AM AQUA YOGA			8:00-9:00AM AQUA YOGA
OGUNQUIT RESORT MOTEL 719 Main St, OGT	9:00-10:00AM AQUA YOGA					9:00-10:00AM AQUA YOGA		
INDOOR	COMPASS ROSE YOGA 221 Main St, OGT	9:00-10:15AM YOGA	9:00-10:15AM YOGA	9:00-10:15AM VINYASA YOGA	9:00-10:15AM YOGA	9:00-10:15AM YOGA	9:30-10:45AM VINYASA YOGA	9:30-10:45AM YOGA
				10:30-11:30AM BEGINNER				
	CONTINUAL FITNESS 1517 Post Rd, WELLS							9:30-10:45AM VINYASA YOGA